

CLAIMS

I claim as my invention:

1. An exerciser for walking, jogging and running in place, comprising:

5 foot pedals for receiving user foot action;
support means for guiding said foot pedals for primarily back and forth motion in response to the user's foot action; means for detecting the user's end of stride foot action and;

10 means for returning said foot pedals to a forward position upon detection of said end of stride.

2. The exerciser of claim 1 wherein said means for detecting detects the user's step-down on one of said foot pedals and said means for returning returns the other said foot pedal 15 to a forward position.

3. The exerciser in accordance with claim 1 wherein said means for returning includes fluid means.

20 4. The exerciser in accordance with claim 1 wherein said means for returning comprises spring means.

5. The exerciser according to claim 1 wherein said means for detecting senses the user's lifting of a foot from one of said 25 foot pedals and said means for returning returns said one of said foot pedals forward.

6. The exerciser according to claim 1 further including speed regulating means to control rearward motion of said foot pedals.

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7. The exerciser according to claim 6 wherein said regulating means comprises spring and damper means.

8. The exerciser according to claim 6 wherein said regulating 35 means comprises rotary resistance means.

9. The exerciser according to claim 6 wherein said regulating means comprises fluid means.
10. The exerciser according to claim 1 further including
5 motorized speed regulating means to control rearward motion of said foot pedals.
11. The exerciser according to claim 10 wherein said regulating means comprises frictional drive means interconnecting said
10 motorized means and said foot pedals.
12. The exerciser according to claim 10 wherein said regulating means comprises fluid pumping means interconnecting said
motorized means and said foot pedals.
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13. The exerciser according to claim 10 further comprising:
sensor means to sense the user's foot force rearward or forward on said foot pedal and;
control means to receive a signal from said sensor means
20 and to vary the speed of said motorized speed regulating means in response to said foot force.
14. The exerciser according to claim 1 further including foot
pedal braking means to brake forward motion of said foot pedal
25 when said user is standing on said foot pedal.
15. The exerciser according to claim 1 further including cushion means integral with said foot pedals or said support means to cushion the user's step-down on said foot pedal.
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16. The exerciser according to claim 1 further including pedal arresting means and;
energy conversion means and;
energy storage means to recuperate energy of returning
35 said foot pedals.